**Newsletter content for schools**

**Shorter newsletter version**

**Do you know what they’re vaping?**

[Insert school name here], like many other schools, has seen a recent increase in young people vaping.

E-cigarettes, or ‘vapes’, are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks.

**Key vaping facts**

* Many vapes contain nicotine. Nicotine can cause long-lasting negative effects on young people’s brain development, including impaired learning ability and altered mood, and can increase the risk of depression and anxiety.
* Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.
* Young people who vape are 3 times as likely to take up smoking cigarettes.

**The laws around selling vapes**

It is reported that young people often purchase vapes online, from retail stores or from friends and contacts in the community. However, it is illegal in WA to sell e-cigarette devices and nicotine vaping products to anyone regardless of age, unless they are prescribed by a doctor for smoking cessation purposes and obtained with a prescription from a pharmacy. You can report suspected illegal sales of vapes to the Department of Health by emailing TobaccoPolicy@health.wa.gov.au.

**Talk to your child about vaping**

It’s important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture. Importantly, get the facts at: [www.education.wa.edu.au](http://www.education.wa.edu.au)/drug-education